

DINNERLY



Reduced-Carb Chinese Beef with Cabbage Slaw and Sticky Peanuts



25 minutes



2 Servings

What's tasty, low-carb and ready in a flash? This moreish beef stir-fry with crunchy slaw and sticky peanuts – it's a winner of a dinner!

WHAT WE SEND

- 150g red cabbage
- coriander
- 20g peanuts⁵
- 1 carrot
- beef stir-fry
- 10g Chinese barbecue seasoning^{1,6,17}

WHAT YOU NEED

- 1 tsp honey
- 2 tbs mayonnaise³
- 1 tsp white vinegar
- 1 tbs vegetable oil

TOOLS

- oven tray
- baking paper
- mandoline (optional)
- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 555kcal, Fat 33.4g, Carbs 14.9g, Proteins 46.0g



1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Thinly slice the **cabbage** using a mandoline or sharp knife. Pick the **coriander** leaves and finely chop the stems. Coarsely chop the **peanuts**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater.



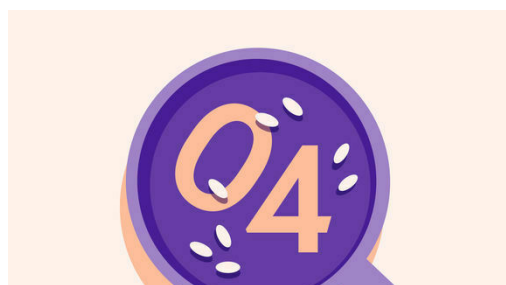
2. Roast peanuts

Put the **peanuts** on the lined tray, drizzle with 1 **tsp honey**, season lightly with **salt** and toss to coat. Roast for 5-6 mins until caramelised.



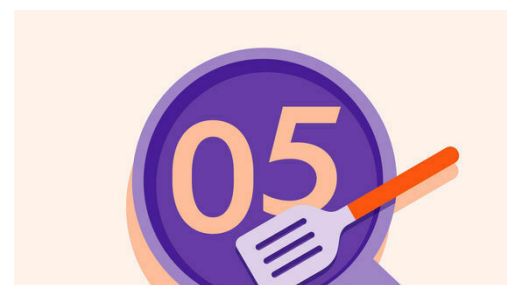
3. Marinate beef

Meanwhile, separate the **beef stir-fry** into a bowl. Add the **coriander stems** and **Chinese barbecue seasoning**, season with **pepper** and toss well to combine. Put 2 **tbs mayonnaise**, 1 **tsp white vinegar** and 2 **tsp water** in a large bowl. Season with **salt and pepper** and whisk to combine.



4. Stir-fry beef

Heat 1 **tbs vegetable oil** in a medium frypan over high heat until very hot (see Kitchen 101). Stir-fry the **beef** for 1-2 mins until browned. Remove from the pan. Add 80ml ($\frac{1}{3}$ cup) **water** to the pan and cook for 2 mins or until slightly reduced. Stir in the beef, then remove the pan from the heat.



5. Serve up

Coarsely chop the **caramelised peanuts**. Add the **cabbage**, **carrot** and **coriander leaves** to the mayonnaise dressing and gently toss to combine. Divide the **slaw** among plates, top with the **beef**, scatter over the peanuts and enjoy!



6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.